

Global Healthspan Policy Institute

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Hello,

This week we look at new research linking improvements in biological aging markers with lower stroke risk, evidence that daily multivitamins may slightly slow biological aging, how lifelong expertise in hobbies may help preserve cognition, and why creative activities may help keep the brain younger.

Are you part of a health or life extension research organization? Our coalition has grown to over 90 member groups, including 25 major US organizations and 16 major international groups. We hope your organization will be next! Check below to find a link to join our coalition quickly and easily.



All this and more this week. Join us as we move forward into another exciting month of incredible opportunities in this burgeoning and revolutionary field.

Edwina Rogers, CEO
Global Healthspan Policy Institute



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Closing the biological age gap may reduce stroke risk and support brain health

A large study of more than 250,000 people found that individuals who improved the gap between their biological and chronological age had a 23% lower risk of stroke and less structural brain damage linked to cognitive decline.

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Daily multivitamin may slow biological aging, trial suggests

Data from the COSMOS randomized clinical trial found that taking a daily multivitamin slowed two epigenetic "aging clocks," translating to roughly 2.7–5.1 months of slower biological aging over two years.

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Expert-level hobbies may help protect brain health as we age

A study of expert birdwatchers found that people with deep expertise in a hobby showed more preserved brain structure in regions related to attention and perception, suggesting long-term skill development may help slow cognitive decline.

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Creative activities like reading, dancing, or gaming may delay brain aging

Research suggests people who regularly engage in creative pursuits tend to have a "younger" brain age, indicating that mentally stimulating hobbies may help protect memory and cognitive function later in life.

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We're Bringing the Best Research in the World to Congress - and Your Donations Are The Fuel To Our Fire!

With your help, we're bringing the vision of a world without the spectre of diseases like cancer, heart disease, and Alzheimer's one step closer to reality each and every day. Our team works closely with industry leaders from sectors as far-reaching as biotechnology to gene therapy to pharmaceuticals and beyond – uniting our members under a common, core mission to benefit the public trust.

[Help us bring new preventions and therapeutics for the benefit of all generations, today](#)

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Upcoming Events

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